


How to use Training Gym

Use of Training Gym is based on **reservation system** only for the first time. Please start your use according to the followings.

 Please make a reservation first.

Please select the date and hours that are convenient for you from [Guidance for use] below and make a reservation by phone or e-mail.




On the day of reservation



After measuring body composition and interviewing, the explain how to use the machine, etc. will be made. If you wish, we will create an exercise program that suits you better and a guidance will be given.

«What you need on the day»

- Face photo like employee ID or driver's license
- Health checkup result (consultation required if not available)
- Exercise clothes & indoor shoes (use of the water cooler is discontinued)
- Bath towel (used by laying on a mat)
- * Other necessary items if you want to bring with you
- Drinks
- Usage fee (see below)

 Training from second time

From the second time onwards, you can always work out training at your convenience. If desired, you can receive advice training from a trainer, as well. (Reservation required).

Usage fee

Content of usage	Usage fee
Advice training (First time)	400 Yen
Self-training (From second time onwards)	200 Yen
Self-training coupon (in a set of eleven)	2,000 Yen
Rental towel and rental shoes	Each 50 Yen

Member B is charged a **separate admission fee**. (monthly membership fee or annual membership fee)

Content of usage	Usage fee
Member B Monthly membership fee	500 Yen
Member B Annual membership fee	5,000 Yen

Member A ... Members of Bosch Health Insurance Society, their dependents, and Society retirees (※1)

Member B ... Other than above-mentioned persons (※1 Those who are re-employed and subscribed in other health insurance societies or Japan Health Insurance Association <Kyoukaikenpo> will be treated as Member.

Guidance on use

High school students and above are allowed to use this facility. Even those who are not members of our Health Insurance Society (B members) can use it.

Closed : Every Sunday and Monday, GW, summer holidays and winter holidays

Hours : Tue. – Fri. 9:30 - 20:00 (Closed at 20:30)
Sat. 9:00 - 17:30 (Closed at 18:00)

Contact : ✉ h_center@bosch-kenpo.or.jp
☎ 0493-22-0890 0493-22-0889 (Sat. only)

